

Sweet and Spicy Stir-Fry

Makes: 4 Servings

"I started with a recipe my mother made—I didn't enjoy it as it was too bland," says Brynna. "It got me wondering if I could change it so it could be something I liked, so I brainstormed. I came up with a new twist on Mom's recipe. The spicy chili-garlic sauce kicks up the sweet pineapples and orange juice, creating an explosion of flavors that are absolutely savory. I would serve it with a tall glass of skim milk because it makes a complete serving from every food group."

Ingredients

- 1 tablespoon** canola oil
- 1/2** fresh pineapple (peeled and sliced)
- 2** medium carrots (sliced on the diagonal)
- 1/2 cup** broccoli florets
- 1** red bell pepper (seeded and sliced into thin rings)
- 4 cloves** garlic (minced)
- 2 teaspoons** grated fresh ginger
- 2 cups** cooked brown rice
- 1 can** chickpeas (rinsed and drained, 15-ounce)
- 3** scallions (thinly sliced)
- 3 tablespoons** reduced-sodium soy sauce
- 1 tablespoon** chili-garlic sauce (optional)
- 1/2 cup** coarsely chopped fresh parsley leaves
- 1** orange (separated into sections)

Directions

1. In a medium sauté pan over moderate heat, warm 2 teaspoons of the canola oil. Add the pineapple slices and cook until golden and softened, about 3 minutes. Transfer the pineapple to a plate and set aside. Do not clean the pan.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	286	
Total Fat	5.7 g	9%
Protein	8 g	
Carbohydrates	53 g	18%
Dietary Fiber	13 g	52%
Saturated Fat	0.46 g	2%
Sodium	519 mg	22%

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Fruits	1 cup
Vegetables	1 1/4 cups
Grains	1 ounce

2. In the same pan, warm the remaining 1 teaspoon of oil. Add the carrots and cook for 3 minutes. Add the broccoli, red bell pepper, garlic, and ginger and sauté, stirring occasionally, until the vegetables are tender and brown, 3 to 4 minutes.

3. Add the cooked brown rice, chickpeas, scallions, soy sauce, and chili-garlic sauce, if using. Stir and continue cooking for 4 more minutes. Add the parsley and the reserved pineapple and stir to combine.

4. Serve the stir-fry with orange wedges to squeeze juice on top.

Notes

State: Louisiana

Child's Name: Brynna Robert, 12